1. A method of determining which users, from a plurality of users, access to a communications system is to be provided, such access being provided to the plurality of users over a plurality of channels, the method comprising the steps of:

determining, for each of plurality of channels and for each of the plurality of users, a channel measurement feedback characteristic;

determining, for each of the plurality of channels and for each of the plurality of users, a past throughput characteristic; and

determining, a user to be provided access according to the following relationship:

$$k^* = \arg\max_k \{w_k \frac{r_k(t)}{\tilde{r}_k(t)^\alpha}\}$$

where

$r_k(t)$ is the channel measurement feedback characteristic of user k;

$\tilde{r}_k(t)$ is the mean throughput of user k;

w_k is a weight applied to each of the users;

α is the *Alpha Rule* tuning parameter wherein $\alpha \neq 0$ and $\alpha \neq 1$; and

k^* is the selected user.

2. The method according to claim 1 further comprising the steps of:

determining, a throughput characteristic for the system;

determining, a fairness characteristic for the system; and

adjusting α, as a result of the determined throughput characteristic and the determined fairness characteristic.

3. The method according to claim 2 further comprising the steps of:

comparing, the determined throughput characteristic for the system with a target throughput characteristic;

comparing, the determined fairness characteristic for the system with a target fairness characteristic.

4. The method according to claim 3 wherein the adjusting step further comprising the steps of:

decrementing α, by a predetermined amount, when the determined throughput characteristic for the system is $\leq$ the target throughput characteristic and the determined fairness characteristic for the system is $\geq$ the target fairness characteristic.

5. The method according to claim 3 wherein the adjusting step further comprising the steps of:

incrementing α, by a predetermined amount, when the determined throughput characteristic for the system is $\geq$ the target throughput characteristic and the determined fairness characteristic for the system is $\leq$ the target fairness characteristic.

6. The method according to claim 3 wherein the adjusting step further comprising the steps of:

adjusting the targets, by a predetermined amount, when the determined throughput characteristic for the system is $\leq$ the target throughput characteristic and the determined fairness characteristic for the system is $\leq$ the target fairness characteristic.

7. The method according to claim 3, wherein the throughput characteristic is determined according to the following relationship:

$$\tilde{R} = \sum_{k=1}^{K} \tilde{r}_k(t)$$

where

$\tilde{r}_k(t)$ is the mean throughput of user k.

8. The method according to claim 3, wherein the fairness characteristic is determined according to the following relationship:

$$\tilde{F} = \frac{(\sum_{k=1}^{K} \tilde{r}_k(t))^2}{(K \sum_{k=1}^{K} \tilde{r}_k(t)^2)}$$

where

$\tilde{r}_k(t)$ is the mean throughput of user k; and

K is the total number of users.

9. The method according to claim 4, wherein α is decremented by a percentage of its present value.

10. The method according to claim 5, wherein α is incremented by a percentage of its present value.

11. The method according to claim 9, wherein the percentage that α is decremented by is between 0% and 100%.

12. The method according to claim 10, wherein the percentage that α is incremented by is between 0% and 100%.

13. The method according to claim 2, wherein the adjusting of α is performed in real-time.